

## REFERENCE MATERIAL

### COMMON CHARACTERISTICS OF EFFECTIVE CURRICULA

*Common Characteristics of Effective Curricula was compiled by a team of experts on teen pregnancy prevention programs, led by Douglas Kirby, Ph.D. The following table presents these characteristics in the form of a checklist. OFP recommends that programs use this checklist as a guide in determining whether the curriculum they propose to use incorporates these elements.*

Common Characteristics of Effective Curricula	
1. Focused on a small number of sexual behaviors that lead to unintended pregnancy.	
2. Based on theoretical approaches which have been demonstrated to be effective in influencing other health-related behaviors, i.e. social cognitive theory, social inoculation theory, social influence theory, and the theory of reasoned action.	
3. Provides a clear message and continually reinforces a stance on these behaviors.	
4. Provides basic and accurate information about the risks of protected intercourse and methods of protection.	
5. Addresses social pressures on sexual behavior.	
6. Provides modeling and practice of communication, negotiation, and refusal skills, i.e. role-playing (teach, model and practice)	
7. Employs a variety of teaching methods designed to involve participants and have them personalize the information. (reflection, small group discussion, role-play statements, etc.)	
8. Incorporates goals, teaching methods and materials appropriate to the students. (age appropriate, onset of sexual activity, setting, etc)	
9. Sufficient length of time.	
10. Provides training for teachers and peer educators. (Those who teach the curriculum must believe in it and receive sufficient training on the basics of teen pregnancy prevention, strategies used in the curricula and elements of program.)	